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Physical Culture.

LEWIS' NEW GYMNASIUM and Boston Journal of Physical Culture. By Dr. Lewis, M. D. Monthly, 16 pp., \$1.00 a year. Vol. 1, No. 1. Boston, November, 1880.

An adequate and general system of physical culture, which shall form an indispensable part of the discipline and training of the young, is one of the greatest necessities of American life. The peculiar characteristics of our people tend to a disregard of the laws of health, and consequent invalidism and physical degeneracy.—Possessing the elements necessary for the production and development of a more beautiful, strong and vigorous people, both as to physical and intellectual characteristics, than the world has known, we sacrifice these advantages to the predominance of traits which, while they mark the strongest peculiarities and triumphs of our civilization, are yet the source which sap its strength and vigor. To apply to our system of life, the laws of mechanics, its great defect is too much friction. We have a powerful machine—its forces cannot be equaled by any other world has produced—all its wheels run, and with a momentum which nothing can resist.—Steam is always up in its boiler and it is always ready to work, but there is a terrible grinding in the sockets. The machine is always in a state of repair, but there is an alarming waste of power and a fearful destruction of material. We have the power, we know how to apply it with most potent results, and in our abundance, we are never economical in its expenditure. We can run the machinery of our system at any desirable rate of speed—we have plenty of work to do, and such trifling matters as lessening the resistance of friction or resorting to lubrication may do for those who have not an abundant reserve of power, but we can't stop to give our attention to these things.

Our people are always in a hurry—they throw their strength into every effort—their good-sensibilities cannot delay for anything which would retard their rate of speed toward the object of pursuit, and thus they are careless of the means of health. They eat and drink in a hurry, sleep at such times as their pursuits of business or pleasure happen to permit, clothe themselves carelessly, are reckless of exposure, and waste their vital forces without thought or care, so long as they are able to meet the drain upon them. This characteristic waste, carelessness and imprudence has contributed much to the deterioration of our national health and physical vigor, until we are almost a nation of invalids, and "a sound mind in a sound body" is rather the exception than the rule with American children.

Without discussing this physical degeneracy of our people further, we may say, then, that the physical regeneration of the Anglo-American race in this country is a subject among the first having claims upon our attention, and a system of culture which shall secure this object is one of our most important needs. We are glad to know, too, that this want is being more and more widely recognized, and that the subject of physical education is each year receiving more attention, not only from educators, but in the minds of the people.

To secure tone and strength of nerve, firmness and strength of muscle, full and healthy action of the vital organs and symmetrical and perfect development of form, is certainly of more importance to the future happiness and usefulness of a child than the most thorough and exhaustive intellectual culture, as no amount of knowledge or intellectual power can make reparation for a stunted constitution and a diseased and enfeebled body. A thorough and vigorous physical culture, too, is of little less importance to good morals than to health. A condition of unimpaired physical vigor and full healthy action is by far the most favorable to well-regulated passions and propensities and to a sound, virtuous character, while a morbid and diseased state of the body tends to produce a vicious disposition, ill-temper and a morbid and unhealthy exercise of the sensual passions.

For the prevention of disease and the security of a more perfect physical development, gymnastics is a very important agency. But gymnastics as usually practiced, have not always been productive of benefit to the patient. Violent exercise in lifting weights and exercises with the clubs, dumb-bells, poles, ladders, swings, &c., usually constituting the fixtures of a gymnasium, has often produced only injury to the individual who has so zealously over-exerted himself for the purpose of improving his health, and induced him to abandon the experiment in disgust. Indeed, the system of heavy gymnastics has been deemed not only of doubtful utility in promoting health, but as absolutely injurious to the patient; and it cannot be reasonably doubted that excessive and exhausting exercise can be only unbeneficial. But Dr. Lewis presents an entirely different system of gymnastics. In his gymnastics neither ladders, bars, poles or swings find a place. His apparatus is light and cheap, and the exercises in which he instructs his classes while they are arranged on physiological principles, are entirely different from those to which we have alluded and are free from all their dangers. We have been very favorably impressed with this system, and think it well worth the attention of all who are interested in physical culture.

Besides the character of the exercises to be practiced, there is another point of much importance to be considered. Any exercise which is taken with the always present consciousness on the part of the person engaged in it that it is performed solely for the benefit of his health will be much hindered thereby in producing the desired effect. If such exercise be regarded as a task, it will not, though it be engaged in with the most punctual regularity, produce its natural and desired exhilarating and invigorating effect. This disadvantage Dr. Lewis obviates by giving all his exercises in classes, in which both sexes mingle, and by embodying all the movements and exercises included in his system in the form of pleasant games. Thus, by drilling in classes, and both sexes together, a social and attractive character is given to the exercises, and by practicing them in the form of games, their object is entirely lost sight of in their lively and exciting interest. The difference between the two systems to which we have alluded, may be seen in the following paragraphs upon "mistakes in gymnastics," from Dr. Lewis' paper:

"A large room, with sundry ladders, poles, bars, swings, etc., is kept open, with notice to subscribers, that they are at liberty to drop in and exercise at pleasure. The practice is, that a large majority drop in very irregularly, and after a brief time stay away altogether. How would a military drill prosper if thus managed? How would a dancing school get on with such loose management? Two,

five or ten persons could most assuredly dance or drill by themselves! But if left to perform in this broken way how soon they would abandon the exercise! And for precisely the same reason that the members of a gymnasium lose their interest and fall off in their attendance.

A gymnasium will never prove a great and complete success until the two sexes are intermingled, and the social feature made very prominent. The members must not drop in when it happens to be convenient, but must meet by pre-arrangement and exercise in classes. Every thing must be done in concert, and for the most part to music.

Mistake, No. 2.—By way of introduction, each pupil is permitted to lift, pull and strain until he is painfully sore and inflamed for days or weeks. If the school pupil were pushed in mathematics until his brain were inflamed, every one would condemn it, but the blunder in an discussing is identically the same.

To say nothing of the thousands who at this stage are disgusted and abandon it, the real work of development is compromised. The training to be satisfactory and really successful must begin with exercises which require but little muscle, but which deeply interest the mind and cultivate skill. By this management, the whole man, and not the muscle alone, is developed."

We have read the first number of Dr. Lewis' paper with pleasure and can cordially commend it to the attention of all who are interested in the subject of physical culture, whether as relating to the gymnastic exercise which it describes, the mental or physical training of children, nursing, or to any other branch of the general subject, to which its columns are devoted. Young men and young women who are interested in gymnastics may read this journal with interest and profit, and as an instrument of promoting a wider interest in this most important subject of physical education it will be found worthy of the attention of all. The system of Dr. Lewis seems more admirably fitted than any other, both from the cheapness of the apparatus and the interest attaching to the methods of exercise, for introduction into our common schools and for general practice; and if any work of ours can contribute towards producing a more general interest in this subject, we gladly give it.

BERGLEY.—The store of Mr. C. M. Tibbets, at the corner of Main and Oak streets, was broken into on Wednesday night of last week, and the money-drawer robbed, under the following circumstances. Besides the principal door on Main street, the store has a side door, on Oak street, and also windows on that side.

The key of this door was always left in the lock, on the inside, just in the rear of this door is a window, the panes of which are about 8 by 12 inches in size. The lower middle pane in the lower shelf of this window was broken out by the thieves, and through the aperture thus made one of them, probably a small boy effected an entrance. He then undoubtedly went to the door, unlocked it and let in his accomplices. They then went to the money-drawer, which they took out and set upon the shelf below.

The drawer contained about \$10 in silver, in a small bag, about \$5 in change taken during the day, and \$11 in bills. They took the bag containing the silver, and the loose change in the drawer, leaving two or three small pieces of the latter in their hurry. The small roll of bills was also taken from the drawer, but was evidently dropped by the thief in the attempt to convey it to his pocket, and the rogues not daring to produce a light were unable to find it, and it was discovered by Mr. Tibbets, on the floor, under the shelves. No articles were missed from the store and it is evident that the thieves contented themselves with the money, without looking for further plunder. They secured the door key, however, in making their exit, perhaps with the intention of paying the premises another visit. Mr. Tibbets had always been accustomed to take his money from the drawer at night, but from some cause, had neglected to take the usual precaution on the night in question.

Since the above was written the police have discovered the perpetrators—two lads, the oldest not more than fifteen years of age—who were subsequently tried before Justice Wm. Fessenden, and sentenced to the Reformatory School during the remainder of their minority.

There was one fact connected with the above examination which other boys would do well to remember and that is, that, in their examination before the court, each boy was ready to criminate the other and exonerate himself. Now, just remember, boys that however ready your associates may be to lead you into crime, they will desert you the instant there is a probability of detection, and that your safety is only to be found in giving to every proposition to wrong doing, whether criminal or not, a decided No?

No traders should not omit any necessary precaution to secure themselves from the mischief of having the contents of their money-drawers appropriated by persons having no claim to them. Two or three other stores have been entered within a few months, and small sums taken. Look out for the rogues.

A WINTER BOAT.—Our citizens and everybody down along the eastern shore will be glad to know that we are to have a steamer on the "Sanford Route" from Boston to Kennebunk during the coming winter. The Steamer Kennebunk comes East to-morrow (Thursday) and will run on opposite days to the Sanford, mainly as it is intended she shall make trips, one or more a week, as the weather will permit. It is a great relief to us dwellers on this coast to know that we are not to be shut out from the rest of the world during the winter months, and we hope that there may be some substantial appreciation of the favor conferred by the Sanford as shall make a Winter boat an "institution." See bill and advertisement.

It is with pleasure that we comply with the request of the proprietor of the Rockland Dye House to call the attention of ladies of other towns to the fact, that, having all the modern improvements in machinery, by which to facilitate and insure finished work, and employing skillful workmen, he has, in doing and will continue to do, promptly and to the complete satisfaction of customers, all work entrusted to him.

Work from Lowell and other towns in Massachusetts is being received nearly every week at this establishment, because the proprietor exercises a care in complying with the request of customers as to the shade and color of all articles, and also, because the fabrics have a finish which articles from the Dye Houses in their vicinity fail to secure.

MISS CHARLES SIKKEN & Co., of King St., near Market, Wilmington, send us a lithographic letter, offering us a package of tickets in Wood Eddy & Co's Lotteries, for \$10, and in return for this small fee of \$10, they agree to send us, \$5000 "after drawing is over."

Now is anybody such a fool as to be duped by this letter, which is an arrant cheat, and of which thousands of copies have been sent "in confidence" to so many favored individuals? We hope not. Messrs. Chas. Sikken & Co., of King street, near Market, Delaware, are masals, and they can put this in their pipe and smoke it.

BILLS, BILLS.

Many of our out-of-town subscribers will find bills of their indebtedness in to-day's paper, to which we would not they will cheerfully and promptly respond. And, in this connection we would say to our city friends that we have any quantity of blank receipts, which we will fill out at a moment's notice. Walk up gentlemen, walk up.

Supreme Judicial Court.

Rice, J., presiding.
No. 98. Alexander Young vs. Walter E. Tolman. Case withdrawn from Jury and went up to Law Court on Report.

Gould for Plaintiff. Thatcher for Defendant.
No. 24. Manasseh H. Smith vs. John H. Bryant. This case was commenced last Wednesday and since that time "like a wounded snake has dragged its slow length along." There is some prospect of its being finished to-day, as the case of State against Bowley for murder is set down for to-morrow (Thursday).

Gilbert & Ingalls for Mr. Rogges & Converse for Defendant.
It is understood that the Grand Jury will rise to-day. Their labors have been long and arduous, and some of the highest importance have been submitted to their consideration.

Douglas vs. Leecompton.

Hon. A. A. Douglas recently delivered a speech at Milwaukee in which he utterly denied the charge of complicity in the Leecompton frauds. He says:—

"I never saw the Leecompton constitution until after it had been adopted in Kansas by the Convention, and sent to the President of the United States for ratification. I never saw the schedule by which the slavery clause was submitted until after it was forwarded to the states for publication. I never heard, nor conceived, nor dreamed that any man on earth ever thought of such a scheme. I make these statements distinctly, without equivocation or mental reservation. I appeal to God, in the presence of all Heaven and this audience that the charge is false, I care not who made it."

They are manufacturing Line somewhat extensively at a landing at the head of Cooper's River, S. C. The deposit of Rock is said to be of good quality and inexhaustible, the demand for the manufactured article is on the increase for agricultural and building purposes on the Pee Dee River.

There are four manufacturers of Artificial Leather in Massachusetts, one of which, located at Haverhill and owned by Hersey, Bailey & Co., is now doing a very business.

Lake County Ohio, turns out more than four thousand dollars worth of the oil of Poppermint per year.

We learn that a subterranean retreat consisting of a succession of chambers, has been discovered in Megunticook Mountain, Camden. The discovery of which, was made by a dog earthing an animal. The reverberation of the dog's bark convincing his owner that there was quite a vacuum in the interior of the mountain, he removed the earth sufficiently to admit of his introducing himself by entering on all fours, when he soon found himself in a high vaulted chamber with avenues leading into the mountain below and around.

This discovery makes suggestive the remark of a lad at Camden, some time previous to the September election, when some one enquired where a certain candidate for Governor might be found, replied he has "gone into his hole, and pulled it in after him."

LAUNCHED FROM THE YARD of Master Sanford Starnett, a superior white oak schooner of 200 tons register. She is named "ADA MANS," and is principally owned by and will be commanded by Capt. David Ames, and is intended for a general freighting business.

Four thousand men are constantly employed in the West Rutland, Vermont, marble quarries.

For the Gazette.

Maine Institution for the Blind.

We have at last, after much effort and trouble succeeded in establishing a school for the benefit of the Blind. Such an Institution in this State has long been needed, and we take pleasure in announcing to that unfortunate class, that they can have the privilege of a school in their own State. The blind must be educated! for it is by their education, alone, that they are able to cope with the world, and become useful and independent citizens. Instead of being a drag to their friends as they usually are, and a burden to the State, they will, by proper instruction, be placed in a mental condition to enjoy themselves and be able, also, to earn their own livelihood. Every citizen, perhaps, is aptly considering this subject, will desire it necessary to put forth every effort for their assistance, to raise them from the condition which fate and circumstances have surrounded their being; therefore it is impossible for me, as an individual, to do more than to urge, for the necessary means, we must have an unimpaired school, suited to their capacity and peculiar infirmities.

The originator and Principal of this school, Dr. Byron Merrill, earnestly solicits, in behalf of the Blind, such assistance as they can give. He succeeded his grandfather, George H., as his father, Frederic Louis, Prince of Wales, died in 1751.

An Iowa farmer who failed to sell his land last spring at \$20 per acre, netted \$23 per acre from the profit crop he has just harvested.

Waiter.—Please, sir, how will you have your steak cooked? "Serious Gentleman"—In We did get and failed to get it.

Haverhill, Mass.—Our correspondent at Haverhill says that "business is very quiet and manufacturers are probably cutting less stock than at any time during the past year. A good sale is anticipated during the winter, however, as several of our manufacturers are hoped for."

The New Yorkers are talking about the feasibility of having gardens on the roofs of their houses.

We learn from the Gazette that the store and stock of W. F. Sager, shoe dealer in Hallowell, was considerably damaged by fire on Friday evening of last week.

NORTH CAROLINA CENSUS.—The North Carolina correspondent of the New York World has the following relative to the census in that State:—

"Our capital city, Raleigh, shows an increase of only about 300 for ten years past!—It means? I have no idea, as yet set down. Towns supposing they had a population of thousands entitle them to rank as lesser cities at least, and suddenly and ruthlessly decimated to the meagre and insulting dimensions of hamlets and villages. The census takers thereupon oppose census taking if that is the best can be done. However, the whole State may be set down as some 900,000, and our products on the increase."

A REPUBLICAN.
A Bell-Everett friend says their rallying cry originated in a far-room. A party were discussing the nomination of the "Unionists" when one of them wound up with the toast "Here's to Bell and Everett—all up!" at the time this holding up his glass in his right hand with his index finger pointing upward. The sign and words "All up!" found favor among the young men of the party, and even some of the older and more staid soon reconciled with their dignity to adopt the token. And so it has come into general use, although the hundred men in the party could probably tell how it originated.—Boston Journal.

A LITTLE EXTRAVAGANT.—An Albany lady wore a dress at the great Academy of Music Ball in New York, three flounces of which alone cost a thousand dollars each. The lace used on the dress was only two hundred and fifty dollars a yard.

Dr. Hall says that for a period of a month before marriage, and a month after death, men regard their wives as angels. What a wretched Dr. Hall!

"Pray, Madam, why did you name your old hen Maudie?" "Because sir, I want her to lay on!"

Is the Prince plucky?—Well, he faced Niagara in a manly way, but quailed on the prairie.—Day Book.

NEWS ITEMS.

We learn that a Frenchman named Andrew Rancou, was drowned at Tonic Falls, in Waterville, Wednesday morning. He was driving on going to New York, and was out away a log, it gave way and precipitated him into the river.—Portland Advertiser.

ORDINATION.—Rev. C. E. Haskell, a member of the North Street Church, in this city, was publicly set apart to the work of the gospel ministry, in said Church, Wednesday evening last. Sermon by Pastor N. J. Polverton, of New Hampton Theological Seminary.—Bath Times.

The Bath Sentinel says there are now five ships on the stocks at Bath, which will be completed this fall. Builders are anticipating a good business next year, for which they are making arrangements. Several frames will be got out during the winter for next year's operations.

The dwelling house of Mr. J. Harrison, of Lyndon, was consumed by fire last Wednesday morning.

The census of Kennebec County shows a total of 56,299, being a loss of 1,752 since 1870.

SUICIDE DEATH.—Mr. Kelley, says the Aroostook Herald, of Township No. 12, R. 5, dropped dead in the road in front of his house, on Sunday last, while conversing with two men. He was a life and five children.

"Died by the visitation of God" was the verdict of a Caledonia N. Y. juror, after an inquest on the body of a woman who, with the help of her husband drank a gallon and a half of whiskey in one day.

SUICIDE AT NEWTON.—A young lady named Henrietta Pratt, eighteen years of age, committed suicide by taking strychnine, at Auburn, Newton, Thursday. Disappointment in a love affair is said to have been the cause of this sad act.

The official returns of the Ohio election have been published. The aggregate vote is very heavy, amounting to 412,704, and exceeding that of last year (355,768) by 56,936 votes—a record in the history of the aggregate vote.

Supreme Judge is heavier by about thousand than that on any other office, and the Republican candidate's majority in the three State offices is 21,374; average majority over combined opposition, 15,432.

A young lady in St. Paul rose from her bed a few nights since to make an application of camphor to her throbbing temples. By mistake she got hold of a bottle of indelible ink. The error was not discovered in time to prevent a permanent blinding effect to the fair one's personal appearance.

Mrs. Henry Tinkham of Springfield, on Tuesday, was severely burned about the head and face, while ironing, by the explosion of a small metallic lamp containing fluid, which stood near her on the table.

The Governor of Pennsylvania has appointed Nov. 29 for Thanksgiving. The 29th of November has also been selected as a day of Thanksgiving in Indiana.

A fire on Thursday night destroyed nine stores at Opelika, Alabama.

At Houston, Texas, they have a cotton press completed and in full operation. A cotton and woolen factory will be completed in due time.

Coarseness of mind disregards

